

Help with any  
required shift/  
meal changes

Avoid holding  
events such as  
staff meals or  
celebrations

Provide a  
private space  
where people  
can pray if they  
want to

## How to be kind to people during Ramadan

Buy them  
a packet of dates  
or water to have  
when they break  
their fast

Don't smoke or  
chew gum  
around someone  
who is fasting

Try fasting,  
even just for part  
of the day to  
see what  
it's like

